



The 10k Times

April 2011

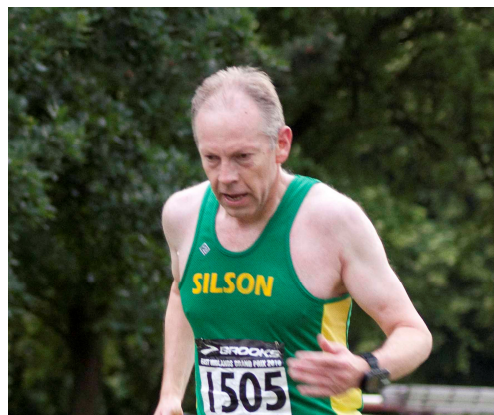
www.silsonjoggers.org.uk

28th Silverstone Grand Prix 10K Race

Wednesday 4th May 2011

(Under UKA rules, Licence Applied For)

Volunteers Please



The 10K is the highlight of the club's events calendar and the proceeds are fundamental in funding club activities for the year. In order to make the event a success, we need around 60 – 70 volunteers (almost the whole club) to help out on the evening of 4th May. The main tasks are Car Parking, Registration, Timing Chip Distribution, Circuit and Pit Lane Marshalling, Refreshments and of course Clearing Up afterwards.

We have access to the circuit from 5.30pm, but the main help is needed from 6.00pm.

If you can help out please e-mail slowrunner61@hotmail.co.uk or call 07778 038458.

Many thanks

Brian

ANNUAL GENERAL MEETING

The 2011 Silson Joggers AC AGM will be held on **Friday 15th April at 7.30pm** at the Old Dairy Farm, Upper Stowe, NN7 4SH (<http://www.old-dairy-farm-centre.co.uk/#/how-to-find-us/4522617185>)

All members are invited, there will be a free buffet and pay bar.

Provisional Agenda

1. Apologies
2. Previous Minutes
3. Club Finances
4. Running Activities Review of the Year
5. Silverstone 10K
6. The Legal Status of Silson Joggers
7. Election of Officers
 - Club Chair
 - Club Secretary
 - Club Treasurer
 - Membership Secretary
8. Awards Presentation
9. Any Other Business

The positions of Chair, Secretary, Treasurer and Membership Secretary (the Management Committee) are elected each year and a member is allowed to hold the position for a maximum of three years unless otherwise agreed by the AGM.

David Coates is standing again for election as Club Chair.

Brian Keers is standing again for election as Club Secretary

John Fowler is standing again for election as Club Treasurer.

In all three cases the AGM will need to give approval for an extension of tenure beyond three years

Linda Lytollis has tendered her resignation as Membership Secretary and the position is therefore vacant.

Any member can stand for election to any of the four positions by letting the Club Secretary know by Friday 1st April 2011.

The Club is also looking for a **Volunteer Co-ordinator** to join the Committee, if you are interested and would like further details, please contact the Club Secretary

There are a number of Working Groups (effectively sub committees) consisting of members co-opted by the committee - these groups are: Competition, Training (Coaches), 10K, Clubmark, and Communications (press, PR and social events), any member is welcome to join any of these Working Groups, please let any member of the Management Committee know.

There is page on the website which will give access to the club constitution, policies, role outlines of the committee positions and committee meeting minutes.

I know that the Treasurer would like me to remind you that club subscriptions for 2011/12 become due at the AGM when a decision will also be taken about the level of these subscriptions.

If you would like to add anything to the agenda for discussion at the AGM or to confirm your attendance (we need to know numbers for the buffet) then please e-mail or phone (details below)

A full agenda, minutes of last year's meeting and discussion papers will be posted on the website seven days before the meeting.

See you there!

Brian Keers
Club Secretary
T: 01327 354619
M: 07778 038458
E: slowrunner61@hotmail.co.uk

24th March 2011

NEWS FROM THE KIT MAN


Just a note to say that all sizes of training vests, both long and short sleeved and also men's and ladies racing singlets are now in stock.

NEW Hi Viz bibs incorporating reflective strips front and back, the main fabric is open mesh which makes these suitable for both summer and winter use. The sides are elasticated and only one size is available.

These items will be available for purchase at the AGM on April 15th, or earlier if I get an email request beforehand.

Allan Lock - allan@wicken.u-net.com

BIRTHDAYS IN APRIL

Andy Pacey – 15th Ellie Lock – 20th Trevor George – 21st (A big one)		James Laurie – 24th (A big one) Casey Hill – 25th
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DIARY DATES

ANNUAL GENERAL MEETING & PRESENTATION EVENING

Friday 15th April 2011 – 19.30 start @ The Old Dairy Farm, Upper Stowe, Weedon

SILVERSTONE 10k – Wednesday 4th May 2011

BRIAN KEERS IS ORGANISING THE VOLUNTEERS FOR JOBS FOR THE BIG ONE SHORTLY.
SILSON JOGGERS WOULD PREFER THAT CLUB MEMBERS DID NOT TAKE PART IN THE RACE
WITHOUT PRIOR AGREEMENT.

RUNNING BACKWARDS OFF THE ROAD

INTERCOUNTIES CROSS COUNTRY – 5th MARCH 2011 COFTON PARK, BIRMINGHAM

Congratulations to Layne on being awarded her county vest

263rd Layne Wray Northamptonshire 13:49

REVIEW OF WINTER COMPETITION

Competition	Location	Numbers	Position	Points % of total	Comments
Chiltern League	Oxford	25M, 10L, 7J = 42	12 th	1,527 5.4%	Previous highest number was 34
Chiltern League	Watford	22M, 13L, 8J = 43	11 th	1,559 5.7%	Our highest ever points score. Vet men were 3rd
Chiltern League	Stowe	25M, 12L, 11J = 48	11 th	1,332 6.6%	We were in 10 th place overall after this event
Chiltern League	Luton	21M, 10L, 5J = 36	10 th	1,222 5.5%	A few injuries and a missed opportunity to score points. 3 of the usual men's scorers were missing and the ladies suffered up that hill!
Chiltern League	Wing	18M, 7L, 10J = 35	9 th	1,109 5.9%	A depleted team with lots of injuries. 4 of the usual men's scorers and 3 of the 4 ladies were missing
Chiltern League	OVERALL	63 different runners – average 41 per race	11th Vets teams both 5th	6,749 5.8%	Our highest ever points total beating 6,004 in 2007/2008. 18 athletes completed all 5 events
Northants Championships	Wellingborough	6M, 5L, 3J	Ladies 5 th Men 4 th		Stream crossing # 1
Midland Championships	Leamington Spa	7M, 4L	Ladies 21 st Men 13 th		Stream crossing # 2
National Championships	Alton Towers	8M, 4L	Ladies 60 th Men 66 th		Lots of mud (of a different variety to Wing!) and hills (now confirmed to be significantly worse than Wing)

Highlights:

- Participation in Chiltern League increased from previous year
- Mission accomplished in terms of staying in 1st Division
- Good contributions from the Juniors
- Full men's and ladies teams in all the championships

Challenges for 2011/2012

- Try to break 50 runners in an event
- Keep our top runners fit and healthy!
- Keep increasing the Junior's numbers and points
- Finish in top 10 again

Simon Woodward

RUNNING BACKWARDS ON THE ROAD

Heather & Andy make International debut – 16th February 2011

Melbourne Zoo – 4k

EDITOR'S NOTE – NO I AM NOT GOING TO ADD A NEW RACE DISTANCE IN THE CLUB RECORDS FOR A NON-STANDARD DISTANCE. NOW 2 MILES – THAT IS A PROPERLY RECOGNISED DISTANCE!



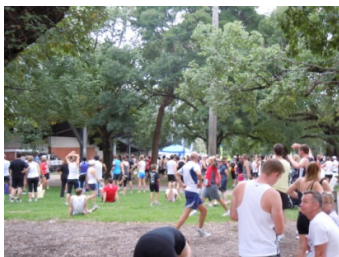
As keen readers of the 10K times may have spotted, my Birthday falls in the glum winter month of February. I am not one who enjoys getting older, my main source of cheer on the day being the look on the postman's face as he posts my cards through the door (my birthday is Valentine's Day), wondering how I have so many admirers. Obviously all the cards are birthday related, but he does not need to know that!! Anyway, this year, the birthday was the dreaded Three Zero, so to hide away from the realisation I could no longer claim to be in my mid twenties, Heather and I planned a trip to the other side of the world!

Australia was to be our destination, with me planning lazy days on Bondi, or sunning myself at Manly. Alas, as per usual, Heather had other plans! Imagine my horror when our eagle eyed chairman Coates spotted a race in Melbourne that corresponded with our visit to the city. The glint in Heather's eyes told me I would need to pack my running trainers, but being the loving girlfriend she is, she took pity on me and opted for the 4k option as opposed to the 8K.



The race was held in Princes Park, Melbourne, which no taxi driver we could find had ever heard of! Heather took to reading the map and directing our driver herself, so it was with some surprise we arrived in plenty of time at an AFL stadium within the park to soak up the atmosphere. Luckily the earlier sun had given way to cloud, threatening a thunder storm, but the heat was still up there with one of the best English summer days. There looked to be a very big turnout, with a range of abilities on show, from those who had clearly enjoyed a few too many Kangaroo Steaks, to those who looked like they could outrun said Kangaroo and his friends!! We took up a start position, but looking around it was hard to judge if we were in the right area of the field. The horn was sounded and we were off. We made good progress through the field in the 1st km of which the majority was run on the park's perimeter path. During one of the dog legs I realised the size of the field, which was really quite impressive for a mid week after work run. Again, through to the 2nd km marker, we were rarely passed and managed to pick off more and more of the field.

Through the 2km to 3km marker Heather seemed to remember we were on holiday and backed off the pace quite a bit, looking around at the surroundings and pondering if the water really does go the wrong way around the sink down under, I chose to wonder why a Koala Bear is not actually a Bear, I don't think either of us could answer that one! Anyway, nobody passed us, but we made up few places and with the temperature now feeling rather warm I was quite happy to enjoy the race. At 3.5km we decided to make a show of the finish for any cameras that may be watching and upped the effort again, gaining several positions and crossing the line strongly.



After the race we were given plenty of freebies, including shower gels, smoothie drinks and fruit. Posed for some photos with the shower gel promotions girls (as we had our Silson kit on which matched the colour of their shower gels!) and spoke briefly to some of the organisers who were keen to hear how we found it.

Sadly we did not hang around for too long, as I had arranged to meet an old school friend for dinner, so we needed to get back to the hotel fairly sharpish. Had I known the final positions we would have hung on, as Heather placed 3rd, only two seconds behind the girl in 2nd. I finished 11th in my category. Considering we ran fairly relaxed, we were both very pleased with this.

The race was great fun, and a brilliant experience to run in another country. Although if any of you are desperate to give it a go, there may be cheaper alternatives as per metre run, the airfare to Oz probably does not make it the best value race in the world (the accountant in me wrote that sentence)!!

Our thanks go to Dave for spotting the event and letting us know the details and also lending us his fly nets for our visit to Uluru (Ayers Rock). They really were a life saver! Sadly it did not protect me from the rather angry yellow spider that bit me not once but twice on the ankle (he was no doubt still angry about the Ashes result!).

We had a brilliant holiday, seeing and doing so many amazing things, and we were really pleased to see how well the club did at the XC whilst we were away. Yes, we did think of you all struggling in the delightful mud at Wing! To round of a great trip, I surprised Heather one day with a flight to a secluded beach for a picnic, where our only company was a metre long lizard that took an unhealthy liking to our chicken salad! There I popped the question and was overjoyed when she said yes! Now for planning the wedding....



Andy Kirk

Silverstone half marathon - 6th March 2011

A big "thank you" to everyone that helped marshal at the half marathon

Nick Pacey - 2nd M45

Andy Pacey - 4th M40

Club age records for Nick Pacey & Sue Clayton-Drabble

23 rd	Nick Pacey	1:18:50
35 th	Andy Pacey	1:20:26
54 th	Dan Taylor	1:22:48
139 th	Andrew Taylor	1:28:22
1278 th	Sue Clayton-Drabble	1:46:17
2011 th	Vince Roe	1:52:26
2773 rd	Linda Lytollis	1:57:58
3831 st	Stella-Maria Thomas	2:08:40
4245 th	Lauren Bain	2:13:02

The last runner home of the day was the Spana donkey who finished proudly in five hours

Not having ever run a half marathon before, I was a bit twitchy in advance of it, and didn't need the alarm to make sure I woke up at 8:00 this morning. I was awake 10 minutes ahead of the game, so I dragged myself out of bed, hauled downstairs, drank a pint of water straight off, and then slung my bowl of pre-soaked porridge, sultanas, and linseeds into the microwave. While that was cooking I made a double espresso to make sure everything got moving (no runners' trots for me please!). I then retreated back to bed and sat and ate my way through all those oats, topped with brown sugar and golden syrup, and a second pint of water, before finally getting up around 9:00. I did some stretching and some foam rolling and potted about in my office to very little effect and before I knew it, it was 10:30 and time to get in the car and go. The decision to drive to Silverstone via the back route proved to be a very sane one, as the A43 was chock-a-block with cars as we sailed over the bridge and into Silverstone village. It meant we only sat in a queue for the last mile to the car parks, and we were parked up by 11:00. I left Lynne with most of my post-race kit and walked in to the paddock area where the garages were being used as bag drops, changing areas, and race offices. It was bitterly cold (around 2.5C at this point) and I was a bit reluctant to drop my stuff off as I knew I didn't want to run in anything but the basic capris and running vest, no matter how cold the weather. I knew I would get far too hot,

and I didn't feel inclined to dump items of clothing all round the track - though clearly a lot of other runners had no such qualms; I swear if you'd gone round behind the field, you could have picked up enough kit to equip an entire running club and still have spares.

I hung around for a while inside one of the changing garages, because it really was too cold to be outside for too long without moving, but eventually had no choice but to head out. I was in two minds as to whether to run with the Runners' World pacers, but figured I would simply go at my own pace. I suspected that 10 minute miles would be too fast but I knew 11 minutes would be too slow. In the end I slotted in with the runners who reckoned they would run around 2:15-2:30 and got ready to set off. Just as I thought I was going to regret leaving my sweater in the bag drop, the sun came out and by the time we set off it was under clear, blue skies. I stuck my iPod onto random rock music, and started my HRM as we oozed towards the start line - the size of the field meant that by the time we got there it was around 4 minutes into the race. I'd lost sight of the 10 minute mile pacer anyway, so I did what I said all along I was going to do, and set off at a pace that felt good to me. Running without my glasses means I can't see what sort of time I'm doing anyway (watch face is too small) so I was a bit surprised to reach the first mile marker and clock and realise that I was well inside a 10 minute mile. I had a quick mental tussle as to whether I should or should not slow down a bit, but I felt fine and reckoned I could keep that pace up for a long time if I needed to, and besides, I've been stung like that before and ended up running slower than planned because I've worried about my pace in the early stages. I finally convinced myself that if it didn't feel too fast, then it probably wasn't. And anyway I'd lost the giraffe by then (don't ask), so I could concentrate (it was also round about then that Spiderman whizzed past me).

Mile 2 was still fine, and still inside 10 minutes a mile, and it was lovely being able to just keep going on territory that is very familiar to me after all the time I've spent there. It was lovely to be cheered on by my fellow Silson Joggers AC members too, as many of them were marshalling the event. I loved being cheered on by name by them, but I also knew I couldn't fail because if I did I'd not hear the last of it at Wednesday night's training session. Anyway I kept right on and at 3 miles grabbed a water bottle and took a slug before discarding it. It felt bad to be disposing of an almost full water bottle, but I really didn't want that much and I didn't feel inclined to keep carrying it either. The mile markers seemed to keep coming very steadily although I was a tad apprehensive as to what would happen after mile 6. After all, I've never raced that far before so I was now getting into unknown territory. Additionally, the organisers clearly thought it was funny to sling a bridge at us at around the halfway mark, and I wasn't sure I could actually go uphill that steeply - my iPod thought differently though, and it was amazing how helpful Deep Purple's "Highway Star" proved to be. I was over and we were now heading onto the circuit perimeter road. I was still going strong at the 7 mile point, and the clock was still friendly, with 1:10:23 showing that I might actually really genuinely be on track for a sub 2:10 run. If you'd asked me in advance I would have suggested that 2:15 was just an impossible dream and 2:30 would be more likely. If I could just keep going.

I suspect that all runners have moments when they think there's something going wrong and that moment appeared to have arrived when I got a sudden twinge in my left ITB, and then my right hip joined in. I shook my arms out and tried to relax my shoulders and the twinges vanished as quickly as they had arrived. This was looking unfeasibly quick now. However, the perimeter road is deadly dull, and quite undulating, and it was now feeling as if someone had moved the mile markers. The 8 mile one seemed to take forever to hove into view, and the 9 mile one was playing very similar tricks. I was still passing people though (because that's what happens when you either get in the wrong group or go off too fast), and the clock was STILL on my side. More importantly, the last 2 and a bit miles were back on the race circuit and there were lots of spectators cheering people on which helped. I passed the 11 mile marker and at least knew I could now finish the race, especially as that's one of the sections we regularly run in training; there would be no unpleasant surprises there. And there was definitely just enough left in the legs... whether what was left was speedy or not, I didn't know though. And that was the moment when the iPod did its stuff again and kicked off with the Leningrad Cowboy's version of "LA Woman". I was suddenly in some sort of unexpected overdrive, running smoothly and comfortably and even singing along as I dropped down past the new pit straight. It felt amazing and I even clawed a few more seconds off my mile time.

Payback wasn't far away though and I really struggled after the 12 mile mark, my legs feeling leaden and my shoes feeling as if they had no spring in the soles. However, I wasn't going to give up that close to home, especially as I knew it would eventually stop sloping upwards and that I just had to get under the bridge and I would be within a maximum of 10 minutes from home. In fact it was closer than I thought, because I'd forgotten that we didn't have to run all the way back to the start/finish line and would in fact end at Copse corner, exactly where we'd started. And now I could see the finish. The legs came back to life and I kicked hard for the last few hundred yards because I knew I needed to cross the finish line before the clock said 2:13 or so if I wanted that sub 2:10. And I did want it by then! I was so overcome as I crossed that line that I couldn't stop

my watch and I burst into tears, which was bad news given how hard I was breathing. I nearly kicked off an asthma attack, but was able to pull myself together, although it took me a while to stop crying.

I waited in line to get my timing chip removed and grabbed my finishers' bag, containing a small bottle of water, a couple of sports bars, two sachets of linseeds, a large bottle of Lucozade sports drink and a "one size fits no-one" t-shirt (XL which is probably much too big for most runners). I then put my medal on and went and got my photo taken in front of the finishers boards. I was also mugged while in tears by one of the photographers. Fair game I suppose...

And having checked the online results, I note that I was well inside 2:10 with a time of 2:08:40, an average of 9:48 per mile. I was also 14th in class (50-54), and 853rd woman home out of 2205 who registered a time, so that's all good.

Stella-Maria Thomas

Bath half marathon – 6th March 2011

Last years Bath Half marathon was my first ever race. I entered as way of keeping me running during the dark and cold winter mornings having previously only run in spring and summer. It then grew into a family challenge as my two brothers also entered. Anyway, I enjoyed last year so much that my younger brother and I decided to do it again and this time my dad, who turned 60 last year, wanted a go too.

I really like the course at Bath. Whilst it's not actually that scenic (the hills are simply too steep for the course to take in the scenic areas), there are so many supporters it doesn't seem to matter. After the first mile you enter a 5.5-mile loop taking you out of the city on one side of the river Avon, across the river, and then back into the city. This loop is done twice before returning back along the original mile to the finish. This breaks the race into very small manageable chunks, which to me, along with the course being mostly flat (apart from the final mile) is the appeal.

Getting to the runners village from Bristol couldn't have been easier. A short walk from my brother's house was followed by a 10-minute train journey and another quick walk through the beautiful city of Bath. In fact it was so easy that we arrived there just after 9am for an 11am start, so just 2 hours early then. However, once we'd had a look around, got changed, dropped bags and consumed a last minute snack it was 10am and time to begin funnelling to the starting pens. With 10,000 runners anticipated we had been warned that this could take up to 40 minutes. The main concern at this time was the temperature... it was freezing.

The race started exactly on 11 o'clock and although it took us nearly 3 minutes to shuffle to the start line we were finally off and the early tempo was good although a little congested. As per last year the crowds were out in full force and their support was incredible. As a result the first 5 miles or so were gone in a flash and I felt really strong. My target was for a time of 1:50, which I was quite nervous about as last year I had managed 1:58. To achieve this I wanted to start at 8:30 per mile for the first 8 miles and then see how I felt and speed up if possible. By the end of lap 1 everything was great and I was averaging 8:20, so far so good.

At the start of the second lap it was clear that my younger brother wanted to race ahead of me so I told him to go and although reluctant at first he finally did. The next few miles were OK but by mile 10 I could feel some tiredness creeping in. I was also finding that drinking was getting harder and even the smallest sip was giving me stomach ache. By mile twelve, instead of getting quicker I was struggling to keep my pace and slowed dramatically whilst mile thirteen, the main uphill section of the course was tough, only made slightly easier by the thousands of cheering supporters.

Finally I was at the home straight. The 200m or so seemed to last forever and I knew that I was close to my target if not slightly over. I was nervous looking at my watch but to my relief I had finished in 1 hour 50 minutes and 35 seconds setting myself a new PB and breaking last years time by 8 minutes.

The funnelling back to the runner's village was slow, congested and I felt slightly queasy but I was quietly happy sharing in the jubilation and relief of the hundreds of runners around me. Water was drunk, timing tags removed, medals and goody bags given out and bag collected super efficiently and even the sun came out on cue as if prearranged. My brother managed 1:46 but as for my dad we are

still waiting to find out. He forgot to stop his watch at the finishing line; he was so relieved it was over....

All in all this was a fantastically organised race with great support from friends, family and the people of Bath. For anyone wanting to experience a big race I would certainly recommend it. I did say that if I broke 1:50 I would never do another half again but as I was 35 seconds over it means I will be returning next year only with a new target to break of 1:45:00. (Ironically according to my Garmin I beat my target achieving 13.1 miles in 1:49:41 however due to GPS inaccuracies and not taking the racing line I finally measured the race at 13.22 miles.... bugger! (Oh to be a runner!!)

Andrew Rigby

Paris half marathon - 6th March 2011

Richard Popiel 1:59:45

Leighton 10k - 6th March 2011

John Adams 51:41

Milton Keynes half marathon - 13th March 2011

Jim 3rd M45

60 th	James Darcy	1:22:52	809 th	Natasha King	1:48:48
256 th	Matthew Wootton	1:32:09	814 th	Samantha Roe	1:47:32
808 th	David Morley	1:48:48	1296 th	Ellie Lock	1:57:49

Positions stated are in the order that runners finished. Times started are chip timed / line to line

Ok, so a week before the MK Half on the basis that I was running quite well, had done the mileage and Paul had decided not to run – I decided to enter at the last minute. My faithful running buddy Dave decided to run with me.....

After a week of not running well (which I'm sure was purely psychological) and beautiful spring weather, race day dawned horrid and rainy! We decided not to put a bag in baggage as last year people were waiting over an hour to reclaim them, so – Paul dropped us off with a trusty bin bag and we hid out in the Xscape until it was time to find the start line.

A few warm up strides and we tucked ourselves into the masses – only to realise we were VERY near the front with lots of elite looking runners! This resulted in a much quicker than intended start pace. I spent the first 5 or 6 miles telling Dave that we would never keep it up and should slow a little, or else pay for it later....he kept saying “ok” but never actually slowed!....That said, it surprisingly seemed a steady comfortable pace so I decided to ignore the Garmin and carry on....which in hindsight was a good decision...

Thinking from past experience miles 7-10 would be the hardest, I started on my gel for a boost....and the miles sailed by..... helped by Paul and the girls who managed to see us at 4 points around the course with lots of cheering from all three.

Hitting the 10 mile marker we knew we only had the equivalent of a lap of the Silverstone Circuit to go and were still going strong. We were nearly home....the last mile being the hardest and the encouragement of Dave kept me going till I saw that finish funnel....

So the quick start paid off – Having started out hoping that we would shave a minute or so off our previous time, getting under 1hr 55min at best... We managed to smash our previous half PB by 8 minutes finishing in 1.48.48....we were astonished to say the least! So maybe entering last minute with no pressure and minimal preparation is the way to go.....

Tash King

I think I had spent so long making excuses (too slow, too fat, too big, too injured, too much 'prattling about') that I had actually never learnt the basic rule.... Hard work brings its own reward.

Tasha's written an excellent account of the race, which when I read back more than week later, even now causes me to shake my head in astonishment at our achievement. Tasha and I are rarely lost for words but standing on finish line, neither of us could effectively communicate what had just happen. Whilst all race times and PB's are relative, I NEVER thought I had the capability of ever running anywhere near my new time. The euphoria I experienced put me on a real high for days afterwards.

So... what have I learnt? Primarily, I am only limited by the limits I place on myself. Whilst I am never going to be 'up there', I now know that I can improve further and can take more time off my PB. I've worked harder and focused more...bleeding obvious I suppose – it's a shame it has taken me so long to understand.

Finally, I must express my admiration for my running buddy too. She won't agree, but that time wouldn't have happened without her.

David Morley

**Midland 12 stage and 6 stage relays – Sutton Park, Birmingham
19th March 2011**

Men's team finish 27th in a total time of 4:49:09
Ladies team finish 28th in a total time of 2:21:49

Men – long leg 5.4 miles, short leg 3 miles

Leg 1	Nick Pacey	30:30	26 th	Leg 7	Kevin Reboul	34:15	29 th
Leg 2	Andy Pacey	16:35	22 nd	Leg 8	Graham Linnell	21:40	33 rd
Leg 3	Andy Kirk	18:52	23 rd	Leg 9	Jonathan Gale	20:40	30 th
Leg 4	Dan Taylor	32:14	25 th	Leg 10	Jeff Haynes	34:41	29 th
Leg 5	Richard Davies	19:39	27 th	Leg 11	Brian Keers	22:09	29 th
Leg 6	Simon Woodward	17:21	26 th	Leg 12	Stewart Sheers	20:33	27 th

Ladies – each leg 3 miles

Leg 1	Sarah Clark	21:57	33 rd
Leg 2	Heather Cooke	20:55	29 th
Leg 3	Sue Clayton-Drabble	23:07	26 th
Leg 4	Tina Twistleton	26:32	32 nd
Leg 5	Fiona Threlfall	26:05	30 th
Leg 6	Madeleine Moutrie	23:15	28 th

Banbury 15 – 20th March 2011

New club records for Simon & Linda. New age record for Allan

15 th	Simon Woodward	1:33:09	191 st	Linda Lytollis	2:02:54
23 rd	Andy Pacey	1:35:20	265 th	Allan Lock	2:15:48

Milton Keynes 5k – 26th March 2011

125th Stella-Maria Thomas 28:06

Oakley 20 – 27th March 2011

44th Jim Darcy 2:15:25

Great Horwood 5k – 27th March 2011

New F45 club record for Sue (3rd lady in race)

22nd Sue Clayton-Drabble 24:01

RUNNING FORWARDS ON THE ROAD

EMGP SERIES 2011

As most of you will know you can enter the other 7 races in advance for just £40 by sending an entry form for the series (see the web-site) and a cheque to me. BUT this offer closes on 27th April 2011 (no exceptions).

John

TRAINING RUNNING BACKWARDS

Results of Race 4 (2 March 2011), 2.5 miles approx

		Target time		Actual time		Points
John	Adams	19	16	19	16	100
Mel	Bignell	20	2	21	52	50
Sarah	Clark	17	40	18	51	50
Sue	Clayton-Drabble	18	60	23	44	50
Jim	Darcy	15	47	18	20	50
Carol	Debney	25	57	30	27	50
Jonathan	Gale	17	28	17	27	101
Trevor	George	17	44	18	40	50
Natasha	King	19	39	22	21	50
James	Laurie			19	18	
Amy	Mickley	21	32	23	45	50
David	Morley	18	25	17	30	150
John	Olejnik	18	24	24	02	50
Kit	Rapson	24	9	23	29	140
Stuart	Shears	17	0	17	15	85
Dan	Taylor	15	0	14	26	134
Stella-Marie	Thomas	23	33	23	19	114

Points after Race 4 (March 2011)

		Points			Total points
		Race 2	Race 3	Race 4	
David	Morley	54	148	150	352
Jim	Darcy	141	125	50	316
Dan	Taylor		150	134	284
Stuart	Shears	82	109	85	276
John	Olejnik	91	134	50	275

Sarah	Clark	150	74	50	274
John	Adams	57	81	100	238
Mel	Bignell	77	80	50	207
Stella-Marie	Thomas		85	114	199
Jonathan	Gale	88		101	189
Carol	Debney	86	50	50	186
Heather	Cooke	82	101		183
Tasha	King		107	50	157
Emily	James	150			150
Liz	Thomas	150			150
Kit	Rapson			140	140
Allan	Lock	86	50		136
Alison	Tay		113		113
Simon	Peart		112		112
Jennifer	Armstrong		110		110
Jeff	Haynes		107		107
Richard	Wray	102			102
Dave	Coates		101		101
Trevor	George		50	50	100
Madeleine	Moutrie	10	83		93
Mark	Armstrong		59		59
Sue	Clayton-Drabble			50	50
Amy	Mickley			50	50
Richard	Davies	50			50

TRAINING RUNNING FORWARDS

Date	Group	Venue	Session
April			
Sun 3rd	Senior	Infant School	Sunday Run
Wed 6th	Senior	Circuit	5k Winter Cup
Fri 8th	Senior/Junior	Sixfields	Timed Run
Sun 10th	Senior	Infant School	Sunday Run
Wed 13th	Senior	Circuit	Fartlek
Fri 15th	No Training	AGM	
Sun 17th	Senior	Infant School	Sunday Run
Wed 20th	Senior	Circuit	See below
Sun 24th	Senior	Rosie's Helmdon	Sunday Run
Wed 27th	Senior	Circuit	10k Handicap
Fri 29 th	Senior/Junior	Sixfields	1 mile/800 trial
May			
Sun 1st	Senior	Infant School	Sunday Run
Fri 6th	Senior/Junior	Sixfields	
Sun 8th	Senior	Infant School	Sunday Run
Fri 13th	Senior/Junior	Sixfields	
Sun 15th	Senior	Infant School	Sunday Run
Fri 20th	Senior/Junior	Sixfields	

Sun 22nd	Senior	Infant School	Sunday Run
Fri 27th	Senior/Junior	Sixfields	
Sun 29th	Senior	Stowe(Chackmore)	Sunday Run
June			
Fri 3rd	Senior/Junior	Sixfields	
Sun 5th	Senior	Infant School	Sunday Run
Fri 10th	Senior/Juniors	Sixfields	
Sun 12th	Senior	Infant School	Sunday Run
Fri 17th	Juniors	SRA	Fun Mile
Sun 19th	Senior	Infant School	Sunday Run
Fri 24th	Senior/Junior	Sixfields	
Sun 26th	Senior	Brickhill Woods	Sunday Run
July			
Fri 1st	Senior/Junior	Sixfields	
Sun 3rd	Senior	Infant School	Sunday Run
Fri 8th	Senior/Junior	Sixfields	Mile/800 trial
Sun 10th	Senior	Infant School	Sunday Run
Fri 15th	Senior/junior	Sixfields	Relays
Sun 17th	Senior	Infant School	Sunday Run

Intervals in Hazelborough – 20th April 2011

On Wednesday 20th April we will be trying some intervals in Hazelborough Woods opposite to the GP circuit. We will meet in the car park as usual. The intervals may have been billed as '400s' but actually are all of slightly different lengths because naturally occurring markers have been taken to separate them; flour/ sawdust strips on the ground will supplement these markers.

There will be two sets of 8 intervals with approx. 1min recovery between and 3min recovery between each set. The group will be divided into three with slower runners starting 50m in front of the intermediate group and faster runners starting 50m behind. The only difference to this will be in the first out and first return leg intervals where the faster and middle group will start from the same point. We all start at the same time for each interval. At the end of each interval the slower runners will move forward to their next starting point and the faster runners will move back to theirs. A whistle will be used to start each interval; coloured markers will be used to indicate where the fast and slower groups start. The success of this session will be determined by each runner being at their appropriate starting position at the start of each interval. The aim is to keep the group moving forward together. The distances of the individual intervals for the intermediate group, as determined by Garmin are; -

359, 359, 517, 317, 332, 377, 396 and 415m.

The distances for the other groups will be 50m more or 50m less than these. For those new to Hazelborough Woods the surfaces are variable, ranging from leaf covered concrete to recently renewed stone forest road, there is one sharp turn on each leg and there are some slight hills.

RACES – running forwards

Forthcoming Events in the local(ish) area

Date	Event	Category
17/04/2011	Virgin London Marathon	
17/04/2011	Duston Triathlon (400m,20k,5k)	
17/04/2011	Virgin London Marathon	
24/04/2011	St Georges Day half marathon & 10k, Wellingborough	
02/05/2011 (Mon)	Great Weston 5	
04/05/2011	SILVERSTONE 10K – HELP REQUIRED	EMGP RACE 1
08/05/2011	Shakespeare Marathon/Half Marathon, Stratford	
08/05/2011	Banbury Triathlon (750m,20k,5k)	
08/05/2011	Northampton Sole Destroyer	
11/05/2011	Rugby 6	EMGP RACE 2
13/05/2011 (Fri)	Blisworth 5k	NAA Series
17/05/2011	Bedford 6	EMGP RACE 3
25/05/2011	Corby 5	EMGP RACE 4
07/06/2011	Banbury 5	EMGP RACE 5
11/06/2011 (Sat)	South Downs Marathon and Relay Marathon	
14/06/2011	Harborough 5	EMGP #6
19/06/2011	Brackley F1 Chicken Run 10k	
21/06/2011	Weedon 10k	EMGP RACE 7
21/06/2011	Silverstone Duathlon (2/12/2)	
05/07/2011	Milton Keynes 10k	EMGP RACE 8
05/08/2011 (Fri)	Blisworth 5m	NAA Series
14/07/2011 (Thu)	Silverstone Duathlon (2/12/2)	
31/07/2011	Wellingborough 5	NAA Series
02/08/2011 (Tue)	Silverstone Duathlon (2/12/2)	
05/08/2011 (Fri)	Blisworth 5m	NAA Series
28/08/2011	Moulton 10k	NAA Series
11/09/2011	Swineshead 10	
18/09/2011	Cransley Hospice Half	NAA Series
18/09/2011	Cransley Hospice 10k	
09/10/2011	Possible Daventry 10m inc. County 10m champs TBC	

Please see <http://www.silsonjoggers.org.uk> for more details

HEALTH WARNING – SILSON JOGGERS A C MAY CONTAIN NUTS